

# March

## 2015



# Alaska Veterans and Pioneers Home

## From our Administrator

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### Activities

- March 3 @ 10:00am  
King of Kings Church  
Service
- March 13 @ 1:15pm  
Music with 'Time Warp'
- March 15 @ 1:30-2:30pm  
Happy Hour
- March 18 @ 5:00pm  
Festive Meal with enter-  
tainment by 'Feral Cat  
Fiddlers'
- March 19 @ 10:00am  
Living Well with Vision  
Loss Clinic
- March 21 @ 1:00pm  
Ladies Tea
- March 26 @ 1:15pm  
Trip to American Legion  
#35 Wasilla
- March 26 @ 10:00-4:00  
Books are Fun Fundrais-  
er
- March 30  
Seward's Day Holiday
- Bingo every Tuesday  
@ 1:15pm

### Greetings from the Administrator

100 years:

Few numbers seem so big in terms of age for people as 100. I want to highlight three 100 year milestones: Lottie Poisel and Vera Parkins are both over 100. They have been around since prior to WWI and have seen everything from the invention of the telephone to today's modern conveniences. What an honor to have this living history among us!

Another 100 year old is the Pioneer home system itself, with the Sitka home opening over 100 years ago. Even before it was a State, Alaska has always been a national leader in ensuring that our elders are honored and cared for in a setting that is unique in the entire nation.

Notes:

Resident council President Ed Willis and I were able to attend a legislative Q&A with our local State representatives and senator in February. As you may have heard it's that time of year when our elected officials continue to shepherd the State. Topics were budget cuts, marijuana legalization, and fishing.

Have a happy and warm spring!



Joshua Shaver

## Our 100 Year Olds



The Sitka Pioneer Home



## **From our Kitchen**



As you have probably heard there is a lot of noise coming from the Kitchen and it's not only the rattling of pots and pans. The remodel has started! Although it may be a little loud and there are a few inconveniences, every thing is going along smoothly. We can look forward to having a newly remodeled kitchen in early April. Even with all that is going on in there, the kitchen staff is providing us with excellent food and service.

We enjoyed a Sweetheart themed Festive Meal in February and are having a St. Patrick's Day themed one on March 18th. Thank you for your patience during the remodel!

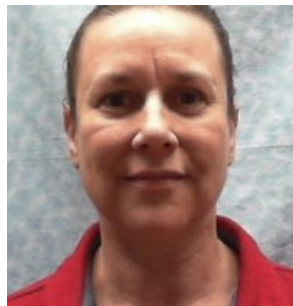
## **From Maintenance**

The Homestead Dining Room is looking very nice. Thank you to all maintenance staff but especially Jim for all your work and effort to make it look so beautiful. The next big project maintenance is tackling is the Sunny Loop Spa which should take about a month.

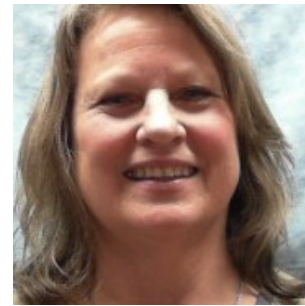
## **New Employees**



*Jane DeClerk*  
*LPN*



*Jennifer Johnson*  
*Activities Aide*



*Madonna Gerber*  
*Activities Aide*



*Mercedes Moser*  
*CNA*



*Cynthia Scott*  
*CNA*



*Rebecca Schuetter*  
*CNA*





# Activities



'Peas N' Carrots', the group that performed for the Valentine's Day Festive Meal, credits its inspiration, energy, and musical selections to the residents of AVPH. With the help of residents, they chose their song list from an era long gone by, an era where the values of simplicity and sincerity were readily apparent in the minds of musical composers and their listeners. The group focuses on inclusion of the residents through sing-a-longs and through offering residents the opportunity to lead songs with them as well. For the Valentine's Day event, resident Jack Straayer and his wife Gina led their favorite love song, 'I'll Be Seeing You' for the audience. (Jack and



Gina had also traveled to perform with the group a few days earlier at another home for seniors.) Also shared during the evening was Bill and Maxine Bullington's favorite love song, 'I Really Don't Want to Know'. That was a special gift for everyone.

As a resident, if you are interested in getting more involved with the many musical opportunities at AVPH, please let someone on the activities

staff know and they will help get you headed in the right direction.



Residents enjoying The Mat-Su Orchestra Performance



Arts and Crafts Time



Valentine's Day Party & Sundae Social with Violin Music



Resident Roy Hooper on Abraham Lincoln's Birthday



Students from Our Lady of the Valley School came to sing to, play games with, read to and do art projects with our residents.



★ HAPPY ★  
BIRTHDAY!



## March Birthdays

### Residents

3/4 Leonard Nugen

3/4 Stanley Coleman

3/11 Robert Mitchell

3/16 Ron Verke

3/17 Marshall Solberg

### Employees

3/1 Jared Ricker

3/2 Wendy Adams

3/2 Paula Hunt

3/19 Amy Jeffery

3/19 Charmaine "Joy" Vanover

3/31 Rene Rehkopf

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**Adam gave his rib so Eve could be born.  
Some say it's a blessing, some say a thorn.**

**I take no part in this debate  
Being in love, it's way too late.**

**Then here comes woman's lib,  
Eve I want back my rib.**

**Submitted by AVPH resident  
Ron Verke**